

## **10 Fun Ways to Become More Active – Every Day**

You know you should be getting some sort of exercise, you know of all the health benefits that come with a more active lifestyle. You've tried the whole Gym thing, but it just wasn't for you. The temptation to just sit in front of the TV, to curl up with a good book, or to spend a little extra time at your computer is just too big. Who wants to head to the gym right now anyway? There are many other options to get more physically active that don't include jogging, weight lifting or other "traditional" ways to work out. Here are a few ideas to get you moving.

### **1) Chase your Kids around the Yard**

You'd be surprised at how much of a work out you'll get playing catch with your kids. Time will fly while you are having fun and your children will enjoy the extra time with you. Just get out there and play.

### **2) Turn up the Music and Dance around the Living Room**

While you're dusting, putting up dishes, straightening up the kids' rooms, or after you've been sitting around for too long, just play some of your favorite upbeat music and dance around in the house. Not only will you get your heart rate up, but you'll also have more fun doing some of those chores.

### **3) Plant some Flowers**

When the weather is nice, just get out there and plant some flowers. Or you could start a little vegetable garden, trim some hedges, cut the grass, or plant a tree. You get the idea. Just get out there, enjoy the sunshine and fresh air, and play in the dirt. Yes, this actually counts as exercise in our book.

### **4) Go for a Walk with a Friend**

Take a walk and invite a friend to come along. I've had some of the best conversations while on a walk. Getting to chat with a friend makes the time fly by and before you know it you've been walking for 30 minutes.

### **5) Listen to some Music or an Audio Book while you Walk**

Again, keeping your mind on something else will make the time fly by and you'll get some extra fun out of your walk. You may even want to consider getting an MP3 Player. You can easily add what you want to listen to and go for your walk.

### **6) Sign up for a Yoga or Pilates Class**

Consider starting yoga or Pilate's class. Both of these workouts are pretty low impact and won't leave you sweaty and sore (mostly). You may also enjoy meeting some new people in the class.

**7) Take some Dance Lessons with your Partner**

Ok, here is the tough part: Convince your partner to take some dance lessons. Dancing will give you quite the workout and it's just plain fun and of course romantic. Think about all your options here. You can pick from anything from Ball Room Dancing, to Line Dancing, to Latin etc. Pick something that sounds fun to you and go for it. You'll enjoy the extra one on one time with your partner as well.

**8) Go for a Swim at Your Local YMCA or Aquatic Center**

Swimming makes for some great exercise. It is low impact and easy on your joints. Start by swimming a few laps, or play in the pool with your kids.

**9) Go for a Ride**

Take the entire family on a bike ride. You can ride through your neighbourhood in the evenings or plan a longer trip for the weekend. Pack a picnic for extra fun and start peddling.

**10) Go for a Hike**

Look for some hiking trails in your area and go for a hike. This could be a fun activity for you and a friend, or take the entire family along. Start with some easy trails and work yourself up to some longer or steeper trails.

Go ahead, pick one or two of the activities and get moving. I'm sure you'll come up with plenty of versions of your own. The most important thing is to find something you enjoy, so you'll stick with it. Get out there and get moving today.

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